

Needle Felting—Make and Take Jewelry



Monday, 11/7 2:00—4:00 pm \$10

Using a simple felting needle and beautiful wool fleece, make jewelry. Get Creative!

- ◆ No previous experience required.
- ◆ All supplies are included.
- ◆ Great for Beginners!
- ◆ Register @ Desk, spaces are limited.

Art, Crafts & Conversation

M	SRC Book Club	10:00 am 2nd M
	Golden Tones Chorus	1:00 pm
	Needle Felting	2:00 pm 1st M
T	Watercolor Studio	1:00 pm
W	SRC Computer Discussion Group	10:30 am 3rd W
	Quilting Studio	10:00 am
	Knitting	1:30 pm 1st/3rd TH
TH	Good Stories Book Grp	2:30 pm 2nd TH
F	Now Showing: Movies	2:00 pm

Inclement Weather Policy

- ◆ When Frederick County Public Schools are closed, The Senior Center is **open**, but all activities, classes, transportation, and meal programs are **cancelled**.
- ◆ When school opens late, the Center opens on time. Programs will run on time, based on instructor availability.
- ◆ If Frederick County Government offices are closed, then the Center and the Dept. of Aging offices are both closed.
- ◆ Check for information on closings on local radio and TV or call you Senior Center for information.

Please use personal discretion to assess weather and driving conditions in your area.

Your Safety is Important

Regularly Scheduled
Drop-In Fitness—\$3/class

M	Strength Training	9:30 am
	Movement & Motion	11:00 am
	Pickleball	2:00 pm
	Zumba Gold	4:30 pm
T	Strength Training	11:00 am
W	Strength Training	9:00 am
	Movement & Motion	11:00 am
TH	Strength Training	11:00 am
	Pickleball	2:30 pm
F	Strength Training	9:30 am
	Movement & Motion	11:00 am
	Pickleball	2:00 pm

Scheduled Fitness Classes
Pre-Registration required

M	Coming Soon!	
T	Chair Yoga	12:15 pm
W	Zumba Gold	12:30 pm
	Line Dancing	1:00 pm
TH	Chair Yoga	12:15 pm
	Tai Chi	1:30 pm
F	Zumba Gold	12:30 pm

Regularly Scheduled Games

	New Players Welcome!	No Charge!
M	Bridge	12:30 pm
T	Mah Jongg	11:30 am
W	Bridge	9:00 am
	Rummikub	10:00 am
	Pinochle	12:30 pm
	Bridge	12:30 pm
TH	Deaf Games Day	12:30 pm Last TH
F	Canasta	12:30 pm
	Mah Jongg	1:00 pm

November Calendar
inside!

Frederick Center Highlights
Keeping Mind and Body Fit

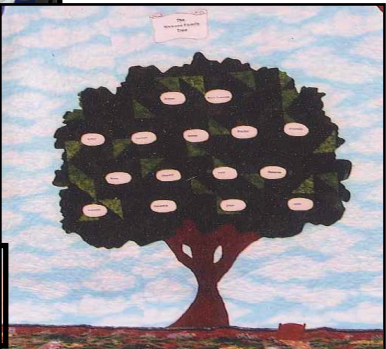
Notes from Dara's Desk

Calling all Readers! A wonderful hands-on workshop on learning to access free books on your e-reader, iPad, and smart device so bring your device on Thursday, November 4th. A short presentation at 12:30 will be followed by group/individual assistance. If you've just moved here or need a library card, the bookmobile is here that day as well, just bring proof of address. More for readers: Would you like to join a book club? See Dara. The Center hosts book clubs on Monday morning and Thursday afternoon on the 2nd week of the month.



Grace Thorne (above)
Emilee Angelety (right)

Blue Ribbons were won at the Frederick Fair by members of our Quilting Group. Do you quilt? Visit the Art Studio Thursday at 9:00 for quilting action!



Curious about Pickleball? Register for a 1 hour lesson to learn this fun game on Wednesday, November 15th, then drop-in Monday, Thursday or Friday and play.

Now Showing: Relax on Friday afternoons with a classic or contemporary movie selection. If you have a movie suggestion, let Dara know!

This month's **Needle Felting** workshop features jewelry. Give as a gift or wear to a party. Beginners are welcome as projects can be adjusted to skill level. So, don't be shy, get creative!

Welcome to The Frederick Senior Center!

Membership @The Center is free. To take part in programs and activities offered, just turn in the participant registration form. The form is available at The Center or online via the Department of Aging website. If you are already a member, that's great! Please remember to update your contact information if it changes and use your participant card or phone number to check in when you arrive.

Contact us: Dara Markowitz @ 301-600-3525

Frederick Senior Center Supervisor

Department of Aging and Senior Center Website:
<https://frederickcountymd.gov/316/Frederick-Senior-Center>

To pay online for classes:

<http://frederickcountymd-gov.3dcartstores.com/>

There's a Doctor in the House...

@ The Frederick Senior Center

Diabetes

November is National Diabetes Awareness month. Dr. Sakar will discuss treatment options and prevention strategies.

Dr. Martin Sakar
Wednesday, November 9, 2016

Light supper served at 5:00 pm,
Presentation to follow
\$5 suggested contribution

Reservations: 301-600-1048 or
<http://frederickcountymd.gov.3dcartstores.com>
Deadline to order meal: 11/2/16

November 2016			
Milk, Juice and Bread are served with every meal			
Monday	Tuesday	Wednesday	Thursday
	1 Beef Tips Burgundy Buttered Noodles Mixed Vegetables Tropical Fruit	2 Multi Bean Soup Tuna Salad Sandwich Lett/Tom Garnish Wheat Bread Fresh Potato Salad Fruit Crisp	3 Meatloaf w/ Gravy Mashed Potatoes Peas & Pearl Onions Cinnamon Apples Whole Wheat Bread Cinnamon Snap
7 Pulled BBQ Pork Sandwich Roll Buttered Corn Fresh Coleslaw Pineapple Tidbits	Election Day Center Closed	9 Cream of Tomato Soup Grlld Chicken Breast On Sandwich Roll Lett/Tom Garnish Fresh Potato Salad Apricots	10 Baked Potato Spinach Tossed Salad Ranch Dressing Chili con Carne Shredded Cheddar Apricots
14 Roast Pork Loin w/ Gravy Braised Cabbage Mixed Vegetables Whole Wheat Roll Fruit Cocktail	15 Bourbon BBQ ¼ Chicken Yellow Rice Pilaf Green Beans Diced Pears	16 Sub Day - Kaiser Roll Roast Beef w/ Creamy Horseradish Sauce Potato Salad Cole Slaw Fruit Cocktail	17 Open Faced Hot Turkey Mashed Potatoes Stewed Tomatoes Whole Wheat bread Diced Peaches
21 Sliced Pot Roast of Beef Vegetable Gravy Ssnd Red Skn Pot. Wdges Dinner Roll Mandarin Oranges	22 Fruit Cocktail Sliced Turkey w/ Gravy Bread Stuffing Green Beans Cranberry Sauce Pumpkin Pie w/ Whipped Topping	23 Hamburger Lett/Tom Garnish Hamburger Roll Ketchup Baked Beans Fresh Cole Slaw Cherry Crisp	24 Thanksgiving Center Closed
28 Pineapple Juice Jamaican Jerk ¼ Chicken Red Beans and Rice Seasoned Greens Tropical Fruit	29 Roasted Pork w/ Mustard Sauce Peas & Carrots Mashed Sweet Potatoes w/ Marshmallow Top Diced Pears	30 Chicken/Beef Jambalaya w/ rice Steamed Baby Carrots Peach Crisp	Ordering or Cancelling a Meal Call Deb Ayers, Meal Manager, @ 301-600-1048
1. Meals must be ordered or cancelled at least 2 days in advance by 9:30 am 2. Stand-by reservations will be accepted and filled on a first come, first served basis if extra meals are available. 3. Each meal ordered costs the Dept.of Aging \$4.68. A contribution is appreciated to cover this cost. This contribution should be determined by the individual based on personal income and expenses. 4. If you are 60 or older, the lunch cost is a donation of up to \$4.68. If you are a guest and not yet 60 years of age, the cost of your meal is \$4.68. 5. Meals are the responsibility of the person who ordered . A full cost contribution is expected if the meal is not claimed.			

Dining @ The Frederick Center

A Nutrition Moment

Diabetes Superfoods

Ever see the top 10 lists for foods everyone should eat to superpower your diet? Ever wonder which will mesh with your diabetes meal plan? Wonder no more. Your list of the top 10 diabetes superfoods has arrived. As with all foods, you need to work the diabetes superfoods into your individualized meal plan in appropriate portions.

All of the foods in our list have a low glycemic index or GI and provide key nutrients that are lacking in the typical western diet such as:

- Calcium
- Potassium
- Fiber
- Magnesium
- vitamins A (as carotenoids), C, and E

There isn’t research that clearly points to supplementation, so always think first about getting your nutrients from foods. Below is our list of superfoods to include in your diet.

Beans

Whether you prefer kidney, pinto, navy, or black beans, you can’t find better nutrition than that provided by beans. They are very high in fiber, giving you about 1/3 of your daily requirement in just a ½ cup, and are also good sources of magnesium and potassium.

They are considered starchy vegetables, but ½ cup provides as much protein as an ounce of meat without the saturated fat. To save time you can use canned beans, but be sure to drain and rinse them to get rid of as much sodium as possible.

Dark Green Leafy Vegetables

Spinach, collards, kale – these powerhouse foods are so low in calories and carbohydrate. You can’t eat too much.

(continued on next page)

Superfood Smoothie

This Recipe Serves 2

Blueberries, spinach, and almond milk make this a Superfood Smoothie and a great way to start your day! Superfoods provide key nutrients that are lacking in the typical western diet.



Nutrition Facts

- Serving Size: abt. 1 cup
- Calories 125
 - Carbohydrate 26 g
 - Protein 3 g
 - Fat 2.0 g
 - Saturated Fat 0.1 g
 - Sugars 14 g
 - Dietary Fiber 5 g
 - Cholesterol 0 mg
 - Sodium 135 mg

Ingredients

- 1 cup original Almond milk
- 1 cup frozen blueberries
- 2 cups baby spinach
- 1 banana

Instructions

- Combine all ingredients in a blender and puree until smooth and thick.

MAKE IT GLUTEN-FREE: Confirm all ingredients are gluten-free and this recipe can be made gluten-free.

Diabetes Superfoods (con't)

Citrus Fruit

Grapefruit, oranges, lemons and limes. Pick your favorites and get part of your daily dose of soluble fiber and vitamin C.

Sweet Potatoes

A starchy vegetable packed full of vitamin A and fiber. Try in place of regular potatoes for a lower GI alternative.

Berries

Which are your favorites: blueberries, strawberries or another variety? Regardless, they are all packed with antioxidants, vitamins and fiber. Make a parfait alternating the fruit with light, non-fat yogurt for a new favorite dessert.

Tomatoes

An old standby where everyone can find a favorite. The good news is that no matter how you like your tomatoes, pureed, raw, or in a sauce, you're eating vital nutrients like vitamin C, iron, vitamin E.

Fish High in Omega-3 Fatty Acids

Salmon is a favorite in this category. Stay away from the breaded and deep fat fried variety... they don't count in your goal of 6-9 ounces of fish per week.

Whole Grains

It's the germ and bran of the whole grain you're made from enriched wheat flour, you don't get these. after. It contains all the nutrients a grain product has to offer. When you purchase processed grains like bread A few more of the nutrients these foods offer are magnesium, chromium, omega 3 fatty acids and folate.



Stepping On

Building Confidence and Reducing Falls

This 7 week Program is FREE
Pre-registration is required
Monday 10-Noon Beginning 11/7
Call to Register

Pearled barley and oatmeal are a source of fiber and potassium.

Nuts

An ounce of nuts can go a long way in providing key healthy fats along with hunger management. Other benefits are a dose of magnesium and fiber. Some nuts and seeds, such as walnuts and flax seeds, also contain omega-3 fatty acids.

Fat-free Milk and Yogurt

Everyone knows dairy can help build strong bones and teeth. In addition to calcium, many fortified dairy products are a good source of vitamin D. More research is emerging on the connection between vitamin D and good health.

Some of the above list can be tough on the budget depending on the season and where you live. Look for lower cost options such as fruit and vegetables in season or frozen or canned fish. Foods that every budget can live with year round are beans and rolled oats or barley that you cook from scratch.

- See more from the American Diabetes Association at: <http://www.diabetes.org/food-and-fitness/food/what-can-i-eat/>

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FriendShip Café

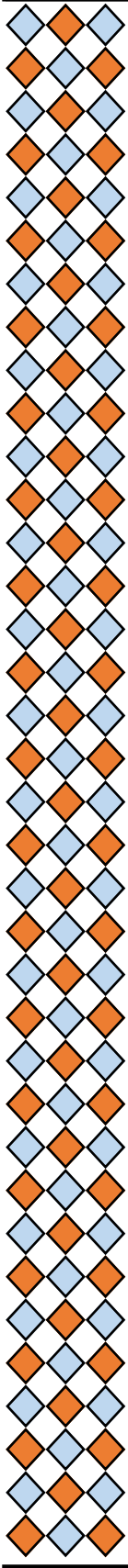
Open Mon-Fri *
9:30 am-noon & 12:30-2:30 pm

New Hours this Month

Friendly Light Fare
All Ages Open to the Public

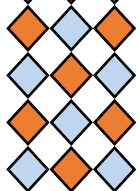
1440 Taney Avenue
Frederick, MD 21702
301-600-1048

Menu



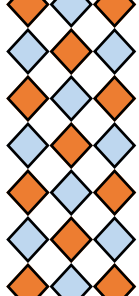
Sandwich \$3.00

Selection varies
See the board for selections
Choice of white, wheat, rye bread
Add lettuce, tomato, onion, mayo, catsup or mustard
Add cheese for 50¢



Simply Salad \$2.00

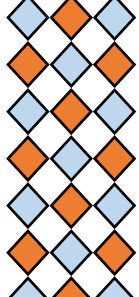
Assorted dressings available
Add cheese for .50
Add meat for \$1.00



Soup of the Day

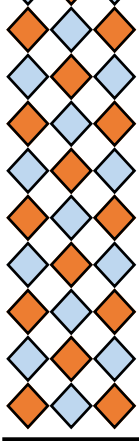
_____ \$3.00 bowl
_____ \$2.00 cup

Made from scratch soups
Daily selection will vary
See the board for featured soup



Beverages

Bottled soda	\$1.00
juice	\$1.00
water	\$1.00
Milk	\$0.50
Coffee & Tea	\$0.50



Chips and Snacks

Prices vary
See the board for selections

The Friendship Café is a service of the Frederick Senior Center. Profits from the café are used to support programs and services for Frederick County seniors.

Happenings at the Center

12:30 Special Events!

11/04 Tech Talk—Free books from the Library
11/10 Ask Nurse Steve - about Medication
11/14 Karaoke Singers
11/17 Chat with Joy — about Taking the Chill Off —Saving \$\$ on home repairs and heating bills

Bingo Every Tuesday

See Highlights Calendar for fitness classes, game groups, books clubs, and community activities!

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